



BAKER'S Mousse Bars

READY IN



80 min.

SERVINGS



20

CALORIES



200 kcal

DESSERT

Ingredients

- 4 eggs
- 0.3 cup flour
- 3.9 oz jell-o chocolate flavor pudding instant
- 8 oz baker's semi-sweet chocolate divided
- 0.5 cup sugar
- 14 oz condensed milk sweetened divided canned
- 1.5 cups cool whip whipped topping thawed

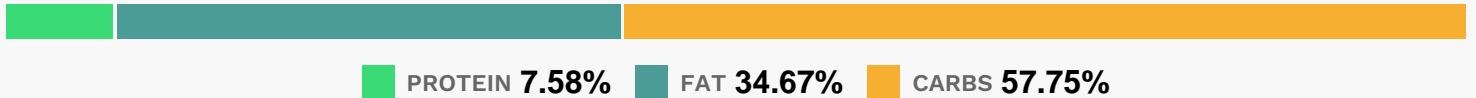
Equipment

- bowl
- frying pan
- oven
- whisk
- toothpicks

Directions

- Heat oven to 325F.
- Melt 6 oz. chocolate as directed on package.
- Mix sugar, flour, 1/4 cup milk and eggs until blended; stir in melted chocolate.
- Pour into 9-inch square pan sprayed with cooking spray.
- Bake 25 min. or until toothpick inserted in center comes out clean. (Do not overbake.) Cool completely.
- Beat pudding mix and remaining milk in medium bowl with whisk 2 min. Stir in COOL WHIP; spread over dessert. Melt remaining chocolate; drizzle over pudding layer. Refrigerate until chocolate is firm.

Nutrition Facts



Properties

Glycemic Index:10.3, Glycemic Load:10.94, Inflammation Score:-2, Nutrition Score:4.4982608349427%

Nutrients (% of daily need)

Calories: 200.38kcal (10.02%), Fat: 7.78g (11.97%), Saturated Fat: 4.55g (28.42%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 28.01g (10.19%), Sugar: 25.06g (27.85%), Cholesterol: 40.28mg (13.43%), Sodium: 121.96mg (5.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 10.14mg (3.38%), Protein: 3.83g (7.66%), Phosphorus: 106.94mg (10.69%), Selenium: 7.42µg (10.61%), Manganese: 0.19mg (9.25%), Copper: 0.17mg (8.68%), Vitamin B2: 0.15mg (8.54%), Magnesium: 29.4mg (7.35%), Calcium: 73.26mg (7.33%), Iron: 1.06mg (5.89%), Potassium: 170.56mg (4.87%), Fiber: 1.15g (4.59%), Zinc: 0.65mg (4.35%), Vitamin B12: 0.2µg (3.29%), Vitamin B5: 0.33mg (3.26%), Vitamin B1: 0.04mg (2.6%), Folate: 9.51µg (2.38%), Vitamin A: 110.34IU (2.21%), Vitamin B6: 0.03mg (1.57%), Vitamin E: 0.22mg (1.49%), Vitamin D: 0.22µg (1.44%), Vitamin B3: 0.25mg (1.27%), Vitamin K: 1.23µg (1.17%)